

To A Healthier You!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1 Create a healthy snack list with family favorites that includes a variety of colors of fruits & veggies! <u>Keep the list on the refrigerator door</u> as an easy-to-see reminder.
2 Plan meals that have something from each food group: Grains, Vegetables, Fruits, Meats & Beans, Milk & Dairy.	3 STRETCH —before and after exercise to prevent injury and strain, and increase your range of motion and flexibility.	4 DANCE — Take jazz lessons, join a salsa class or play danceable music at home. 	5 FOCUS on fiber. Fruits & veggies rich in fiber: beans, lentils, Brussels sprouts, sweet potatoes, turnips, raspberries and flax.	6 BUILD in workouts! Take the stairs instead of the elevator; park at the far end of the parking lot and bike or walk to shop and run errands.	7 BREATHE deep often. Post small reminder notes saying <i>BREATHE</i> on your computer, car dashboard and bathroom mirror.	8 BUILD immunity with foods rich in betacarotene, selenium and vitamin C: garlic, pumpkin, strawberries, tomato sauce, pinto beans and bell peppers
9 WORKOUT at work. Replace your breaks with exercise: jump rope, jog in place, or ride your bike/walk on your lunch hour. 	10 Get enough calcium to keep bones healthy: low-fat dairy products, collard greens, broccoli, kale and firm tofu. Take a calcium supplement—800 to 1,000 mg per day if you're deficient.	11 Keep eyes healthy. Wear sunglasses, make sure work areas are well lit and take breaks from computer or eye-straining work.	12 MUNCH on berries. They're rich in healing antioxidants. Fresh or frozen, scatter them on cereal and salads; use in smoothies and baking; jazz up sparkling water.	13 FLATTEN your abs. Strong belly muscles protect the lower back. You don't need fancy gym equipment; simple crunches work best.	14 DON'T SKIP MEALS. Have three meals and two healthful snacks to keep blood sugar steady, burn fat and regulate cholesterol.	15 JUMP on it. Use a mini-trampoline for an efficient, no-excuses workout; it's great for boosting circulation and promoting lymph health.
16 CHECK it out. Regular checkups and tests—mammograms, pap smears and colon cancer screening—may save your life.	17 GET some 'om' time. Add yoga to your daily routine. Even 20 minutes a day makes a difference. Take a class or invest in some good DVDs.	18 HYDRATE— Keep a bottle or pitcher full of filtered water on your desk or in your car and sip throughout the day.	19 GO NUTS! Studies show they reduce the risk of heart disease, diabetes and other conditions. Best picks: almonds and walnuts.	20 LEARN why tart is smart for pain. Tart cherry juice extract and capsules help fight gout and arthritis and reduce inflammation.	21 PLAY BALL. Tennis, squash, badminton and racquetball are great high-energy sports—even if you don't hit the ball much, you'll spend lots of time running.	22 EAT OLIVE OIL. It has anti-inflammatory benefits and reduces the risk of cancer and heart disease. 
23 Have a healing salad. Dark leafy greens, carrots, red cabbage, broccoli, cauliflower, red peppers, tomatoes, avocado, garbanzo beans, and a handful of nuts, dressed with a little olive oil.	24 Nurture your creative side. Take painting classes, join a singing group or write poetry.  It keeps your heart young.	25 EAT CHOCOLATE— Dark chocolate—70% cocoa or more—is low in sugar and high in antioxidants.	26 GO RAW! Raw foods are rich in enzymes. Add several servings of raw fruits and a big green salad every day.	27 Take a siesta. An afternoon nap revives faster than a cuppa joe. No time to snooze? Close your eyes and recline for 15 minutes, listening to your breath.	28 Try something NEW at least once a week. Something different at breakfast. Something with a little less fat or sugar. A fruit or veggie you don't usually eat.	29 EAT HALF your dessert!